

## With Thanksgiving

*Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)*

I don't know about you, but I am very good about being anxious for things in life. Whether it's anxiety about finances, relationships, my kids, work, or even preparing dinner, I can easily start to worry. What a difficult task we are called to: "Do not be anxious about anything." I find anxiety extremely hard to avoid in my life.

So, I sit down to pray, present my requests, but I still feel anxious. And it is then that I remember that little phrase: "with thanksgiving." It is almost like I am given a little clue as to how to actually get rid of my anxiety! I can look back over my life and see God's faithfulness and thank Him for all those times He has done great things. Then, as I thank Him for what He has done two things happen:

1. The focus switches from me to Him! I am no longer looking at my situation and myself, but my eyes turn towards Almighty God. I give Him recognition for who He is, what He has done, and what He will do.
2. My faith grows. I remember all the times He has been faithful in the past, and my faith grows as I expect Him to be faithful again.



*Praying for Bible Education graduates.*

Here are some areas in our lives that can cause us to be anxious. Please thank God with us for what He has done in the past, and join us in presenting these requests before Him.

**Ministry:** We thank God for all He has done to prepare our team and for the interns this month of intense training. Pray for all the details and for fruitful ministry as we spend this month in Internship with 13 families: seven from Guatemala, five from Colombia, and one from Argentina.

**Finances:** We thank God for providing for all of our financial needs this last year. We thank God for you who support us every month! Pray for abundance for ministry expenses for our entire team and us. We believe

God has set out great tasks for us, many of which need financing. We anticipate His abundant supply!

**Working in a Team:** We thank God for a wonderful team of missionaries and for the way He has grown us over the last year. Pray that we would listen to each other, work together in unity, encourage each member in their areas of giftedness, and do all things in love.

**Our Kids:** We thank God for a wonderful school for our girls. We thank Him that Mikayla and Elena love their school, connected with their teachers, and made good friends. Pray that they will equally enjoy the next school year that begins in January. Mikayla will be in first grade and Elena in pre-kindergarten.

Thank you for your prayers,

*Nell*



*Kayla dances at a school performance.*